## **Medicare Offers Preventative Services**

You can stay healthy, live longer, and delay or prevent diseases by:

- Doing any physical activity you enjoy jogging, walking, swimming for 20 to 30 minutes 3 or more days per week.
- Eating a healthy diet of different foods like fruits, protein foods (meat, fish, or beans) and grains and limiting the amount of saturated fats in your diet.
- Maintaining a healthy weight by watching your portions and balancing the amount of calories you consume with the number of calories burned by exercising.
- Getting preventative services that will delay or lessen the effects of disease.

Medicare offers preventative services to help you remain healthy. Some of the preventative services Medicare offers are:

- Cardiovascular Screenings to check cholesterol, lipid (blood fat) levels and triglyceride levels. This is done at no cost to the beneficiary.
- Bone Mass Measurements to determine if you are at risk for osteoporosis. This is done once every 24 months more often if the beneficiary is at risk. Medicare pays 80% of the cost.
- Glaucoma testing also for those at risk. You are at high risk for glaucoma if there is a family history of glaucoma, if you have diabetes or if you are an African American age 50 or older. Medicare beneficiaries pay 20% of the cost of the glaucoma test.

Medicare offers other preventative services. For a free booklet, *Guide to Medicare's Preventative Services*, contact the SHIP office at 301-600-3522 or check out the Medicare web site at www.medicare.gov.